

September | November 2024

# h i l i g h t s

A MAGAZINE FOR HISTON & IMPINGTON



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Beer Festival | p7

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Photo: Buxhall Farm. ©Lucy Callington



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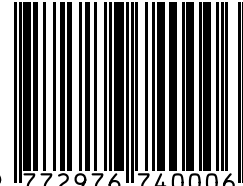


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## Dates and deadlines: Christmas issue 2024

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Issue 05, Autumn 2024

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Thurs 28 Nov, 7pm  
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Tues 3 Dec, 7pm  
Wed 4 Dec, 7pm  
Thurs 5 Dec, 7pm  
Fri 6 Dec, 7pm  
Sat 7 Dec, 2pm  
Mon 9 Dec, 7pm  
Tues 10 Dec, 7pm  
Wed 11 Dec, 7pm  
Thurs 12 Dec, 7pm

# Latest news

## IVC and Internet Watch Foundation to tackle sexting

Vision Park based campaign group the Internet Watch Foundation (IWF) has teamed up with Impington Village College (IVC) and its governing body, Eastern Learning Alliance, to raise awareness of young people feeling pressured to send non-consensual naked images.



A recent report has warned that the taking and sharing of nudes has become normalised among young people in schools and that pupils are being exposed to unsolicited “dick pics” online on a “very regular basis”.

IWF, whose remit is to detect, disrupt, remove, and prevent online child sexual abuse material, worked in partnership with the school to test ideas for its Think Before You Share campaign. This aims to raise awareness about the onward sharing of nudes, and encourage young people to think before sharing sexually explicit imagery online. It also aims to empower parents to start timely conversations with their children around the subject.

The campaign has been developed in response to a report by the International Policing and Public Protection Research Institute. They spent around a year exploring the topic of self-generated child sexual abuse material, running focus groups with young people, parents and educators.

The school has tested out the IWF campaign’s resources for educators, and agreed to distribute them to the schools within the Alliance. The campaign will launch in time for the beginning of the new school year this September.

Find out more at <https://www.iwf.org.uk/about-us/our-campaigns/think-before-you-share>

## Tackling kerb-side weeds

County Council workers will be visiting Histon & Impington at least twice a year from now on to tackle weeds and prevent future weed growth in the gullies of roads and at the back of footpaths next to building, wall and fence lines. Chemical weed treatment has re-started across the County as physical efforts to deal with them proved ineffective. It typically takes from three to five weeks for a treatment to take effect, after which road sweepers are deployed to remove dead weeds. Spraying started in the village in July 2024, and a second round of treatment will take place in October to get the weeds under control before the next growing season. The Council said: “We will keep this programme under review and if excessive weed growth is reported, we’ll treat those areas accordingly.”

## New home for Whaling Commission

After nearly 50 years on Station Road, the International Whaling Commission (IWC) has moved to new headquarters on Vision Park.

Long-established as a high-profile employer in the village, the IWC was keen to stay local in its move, which took place this summer. The global organisation has 88 member countries and regularly welcomes international visitors. They value both the quality and choice of food and accommodation in the village, and the proximity to the many science and conservation partner organisations in Cambridge.

IWC’s previous base, the Red House on Station Road, provided office accommodation for them since the 1970s, so while the team are sad to say goodbye to the historic building, they are keen to embrace the benefits of new, purpose-built office accommodation on Vision Park.

Look out for news about the Red House on HI HUB. For more information about IWC visit <https://iwc.int/en>

## Cambridge United team up with the Stutes



Histon FC’s youth set-up has partnered with Cambridge United Academy for the 2024/25 season.

The partnership will see Cambridge United provide development opportunities for Histon’s Youth Team managers and coaches, as well as additional coaching support for their players. Fans will also be able to enjoy pre-season and mid-season fixture friendlies between the two sides.

Head of Youth at Histon, Matt Payne said: “I am pleased to confirm our partnership with a well-established local club like Cambridge United for the upcoming season. I would like to thank them and Jake Hammond in particular for this opportunity and look forward to the benefits that both clubs can bring to one another.”

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To read these and other news stories in full, go to [www.hihub.info/news](http://www.hihub.info/news) or scan the QR code



## Ofsted report finds Park Primary 'Outstanding'

Park Primary School is celebrating a clean sweep following a recent Ofsted inspection that found them to be 'Outstanding' in every area.

## 'Affordable' rents for School Hill flats

The developer hoping to build a two-storey extension to the parade of commercial units on School Hill is proposing that a minimum of six –



Camel Projects / npArchitects

and potentially all – of the residential properties on the site would be let at Affordable Private Rent, with rents set at 20% below the normal market value.

## Fruit waste the core of green energy

The Hain Celestial group has introduced a decarbonisation project at its Chivers Way factory, which will see the plant generate a quarter of its own energy by converting fruit waste into electricity.

# Cuppas and Community: celebrating 10 years of the Saint Andrew's Centre

By Lucy Callington

The Saint Andrew's Centre is one of the few buildings in Histon & Impington that just about everyone will have set foot in at some point – whether it's for a church event, baby group, dance or Zumba class, party, or just a scone and nice sit down in their welcoming café.

And, as the former church hall celebrates its tenth birthday, it's clear that the Centre has cemented its place as a thriving hub for the local community in the heart of the High Street.

## Much needed make-over

The modern Saint Andrew's Centre is the brainchild of a team from the congregation at St Andrew's Church, Histon who had a vision to breathe new life into the dilapidated old buildings, with the idea of creating a place of warmth, welcome, life and hope.

The refurbishment of the old halls – which had previously served as a Red Cross hospital and village school, before a spell as the home of Stepping Stones Playgroup – began back in 2009 with a huge fundraising drive.

## Up to date

Ten years on, and the centre is a busy place, hosting a mixture of church events, such as Shine, Little Stars and Christianity Explored as well as community bookings from organisations like Opportunity Group,



Memory Notes, HI Friends, 4D Dance, Barclays Bank and many others. Saturday afternoons are for private party bookings, and the café is a well-used meeting place for people from our village and beyond having built up an enviable reputation for its cooked breakfasts and homemade cakes.

Since 2014 the Centre has played host to major village events and exhibitions including parties for the Feast, Royal Jubilees and Coronation, and hustings for the general election. I ask Chris Cox what the best bits of being involved in the Centre's first ten years have been. He tells me: "I love it when I see people coming into the café, and talking and laughing with others they meet there. It feels like we are helping to build up our community and make connections".

Centre Manager, Jo Roach agrees: "One of the best things is the joy it has brought so many people and the sense of community it provides".

Full article online



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# Community in action



Whatever you're interested in, there is so much going on in Histon and Impington, with an autumn schedule to keep you busy and entertained. For details of forthcoming events and a week by week calendar, see the HI HUB 'What's On' section at [www.hihub.info/whats-on](http://www.hihub.info/whats-on)

You'll find more details of all the village's clubs, societies, charities and organisations in the HI HUB directory at [www.HIHUB.info](http://www.HIHUB.info)

## The Beer Festival is back!

It's that time of year again. From Monday 2 to Saturday 7 September, Histon Beer Festival will be in a marquee at the Red Lion, open from noon till 11pm each day. For the first time, the popular volunteer-run village fundraiser will be running a full festival day on the Saturday, with six bands playing throughout the day while you sample some of the 60+ ales, ciders and perries. The team will be hoping to beat the huge total of £15,500 raised last year for local good causes. <https://histonbeerfestival.co.uk/>



## Music and dancing for a good cause

Fundraising is the life-blood of Impington-based charity Camtrust, which provides training in life and work skills for adults with learning disabilities. This autumn you can support their work at the same time as enjoying an evening of chamber music at Histon Baptist Church. Medlock Sinfonia, one of the East of England's finest string chamber orchestras concert, will be playing Mozart, Handel, Hess and more on Saturday 14 September at 7.30pm. But that's not all. On Friday 25 October, Camtrust will be hosting a fundraising ceilidh and raffle at the Royal British Legion.



For more details of both events, visit <https://camtrust.co.uk/events>

## Autumn glory

Mabel Amber on Pixabay



Histon & Impington Garden Club talks and visits start on Tuesday 10 September with a short

AGM, followed by a talk by Lucy Skellorn entitled 'My Family and other Irises'. Lucy's great, great grandfather (Sir Michael Foster) is often thought of as the father of iris breeding, and Lucy now has the official Foster Iris collection in her garden near Stowmarket.

On Tuesday 8 October Peter Walker will give insights into Gamlingay Wood nature reserve and other woods in South Cambridgeshire. Then on Tuesday 12 November, Sharka Baxter will share how we can all learn to work with nature and not against it. *All meetings are at Histon Methodist Church at 7.30pm. For further details contact Muriel Clements 01223 232236*

## Songs from the heart

For people with dementia – even those who have lost their ability to communicate – music can be a powerful way to trigger positive feelings and connect with other people. The Memory Notes is a friendly weekly singing and social group for people with memory loss

challenges and early to mid-stage dementia – and their carers. The group, which celebrates its tenth anniversary this year, meets on Wednesday mornings at the St Andrews Centre. *To arrange a taster session email [memorynotescambridge@gmail.com](mailto:memorynotescambridge@gmail.com).*

### How green is your home?

Open Eco

Homes, now in its 15th year, offers a unique opportunity to gain insights



into how your home could become more environmentally friendly, while also considering the economic costs and advantages of such improvements. Running from 21 September to 20 October, events feature early-adopter hosts eager to show their eco homes and share the fascinating stories behind them – both their triumphs and setbacks! Open Eco Homes 2024 will focus on all-electric homes, and attendees will be able to participate in free expert-led talks and tours of eco homes across Cambridgeshire, including Histon. The event will feature cutting-edge technologies such as heat pumps, solar PV, batteries and EV charging, and expert panels will discuss rainwater harvesting, climate friendly gardening, how to retrofit an older home and more. Eco home tours and talks are available in-person and online. All events are free, but advance booking is required. *For more information and to book your place, visit <https://cambridgecarbonfootprint.org/what-we-do/open-eco-homes>*



### Inspiration, friendship and fun

Histon and Impington WI extends a warm welcome to women of all ages, with inspiring monthly meetings and various special interest groups to choose from: two craft groups, a book group, a ladies-who-lunch group and a Friday evening social group. Recent meetings have covered local waterways and the clean river campaign; D-Day celebrations with a talk from a Battle of Britain pilot; and talks on signature quilts and why calories don't count! The group has also enjoyed walks, visited London for the Coco Chanel exhibition, and served afternoon tea at The Manor House for the village Open Gardens. The WI also has a rich history of campaigning and lobbying Parliament, and this summer voted in a resolution called 'Dental Health Matters' to ensure everyone can access NHS dentists wherever they live. *For more information contact [hisimpwi@gmail.com](mailto:hisimpwi@gmail.com)*



# Adult Education at IVC

Our refreshed programme continues to grow, with classes across cookery, pottery, crochet, creative writing, ballroom dancing, Mandarin, Italian and more. Scan the QR code for more information and for booking.

Classes are available to adults (18+), and parent/carer with child aged 14+



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[www.cambridgeshiremusic.org.uk](http://www.cambridgeshiremusic.org.uk)



# Community in action

## New voices for local choir

Friendly community choir, the Impingtones, is recruiting new members for the autumn term. There's no need to be able to read music, and no auditions. Just bring your enthusiasm! Everyone is welcome, but especially lower voices. The group sings a variety of music, including songs from musicals, folk and pop. You may have heard their recent performance at the village's Open Gardens.

The new term will start on Wednesday 11 September 2024, and the group meets every week in term time at Park Primary School in Histon, 6.30–7.30pm. For more information and details, or to join for a free taster session, see <https://impingtones.wordpress.com> or email [impingtones@gmail.com](mailto:impingtones@gmail.com)



## A laughing matter

On Friday 11 October, from 7.30pm, Impington Village College will be playing host to an evening of entertainment... that doesn't involve the kids. The Custard Comedy event team are back, this time bringing Bethany Black to the village as headline act. Critically acclaimed Black says she is: "Blessed with a sharp tongue and a desire to overshare!" Support is from Jacob Nussey, Alexis Roy and MC Chris Brooker. Over 18s only. To book tickets visit <https://www.wegotickets.com/event/626432>

## Ten years running



2024 marks the 10th anniversary of the village's inclusive running community, HI Runners. There are plans to celebrate all year long, with various social and running events. HI Runners has an ethos of inclusivity and a friendly reputation; everyone is welcome, no matter their running ability. The club is currently running a 'Couch to 5k' / return to running session on Wednesday evenings alongside the main session in Histon, and they have several accessible training sessions throughout the week in Histon, Northstowe and Willingham. For more information visit [hi-runners.co.uk](http://hi-runners.co.uk) or contact [secretary@hi-runners.co.uk](mailto:secretary@hi-runners.co.uk).

## Going for the burn

It's time to get in training for this year's Bonfire Burn. The annual 10K race will be setting off from Histon & Impington Recreation Ground on Sunday 3 November, taking to the streets of Histon & Impington to raise funds for local charity HI Friends. There will be medals for winners in multiple age and gender categories, and the minimum age for entering is 13 years. To register visit [www.bonfireburn10k.co.uk/event/register](http://www.bonfireburn10k.co.uk/event/register)

## Respect and remembrance

The Histon and Impington branch of the Royal British Legion (RBL) are coordinating Remembrance and Poppy Appeal activities in the village as usual this year. The parade and service will take place on Sunday 10 November and the parade is expected to step off from the RBL club at 9.15am, with the service starting at 9.30am. There will also be a short service at the memorial on Armistice Day on Monday 11 November to mark the two-minute silence at 11am. Visit <https://branches.britishlegion.org.uk/branches/histon-and-impington>

## Setting the sky ablaze to fundraise

Penny Reeves



The ever-popular Histon and Impington Fireworks Extravaganza will take place this year on Saturday 9 November at Impington Village College. This annual event raises money for the

village schools and other local charities, but relies entirely on volunteers to make it happen. If you have enjoyed the display in previous years and would like to be involved, the team would love to hear from you. They need help with everything from putting up fences and gazebos, to helping with a stall, marshalling and litter picking. Volunteers get free entry to the event. Keep an eye out for posters featuring local children's artwork popping up round the village in coming months with details on how to buy tickets. Volunteers can email [Hlfireworks1@gmail.com](mailto:Hlfireworks1@gmail.com) to get involved.



## Lighting up Halloween

Halloween traditions are not everyone's cup of tea, so instead you can come and look on the brighter side at the Saint Andrew's Centre on Thursday 31 October. Primary aged children and their carers are welcome to join in the fun and games at this annual party celebrating the light in the world, run by Histon & Impington Churches Together. For more information visit <https://standrewhiston.org/kids>



# Community in action

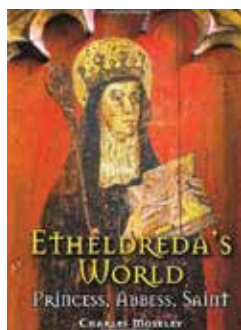
## Finding hope in dark times

A group-based bereavement support programme, Hope Again, offers a space for those who have been recently bereaved to share experiences with others in similar circumstances. Developed by trained local people and co-ordinated by an experienced counsellor, the 2024 Autumn programme runs

for six weeks. Sessions cover topics including grief, self-care, memories and moving on, and are on Thursday afternoons from 2pm-4pm, from 19 September to 24 October at The Methodist Church Hall. For more information, contact the programme co-ordinator on 07707 263353 or [HABG1@icloud](mailto:HABG1@icloud)

## An airfield and an abbess

H&I Village Society believes that history “breathes life into the present, creating a deeper understanding of our community’s character and values”. Autumn’s schedule of talks includes Jason Webb sharing the intriguing history and untold stories of Bottisham Airfield on Tuesday 24 September at 7.30pm at the Methodist Church. Then on



Tuesday 29 October at 7.30pm, the Village Society will play host to Dr Charles Moseley for a talk based on his latest book, *Etheldreda's World: Princess, Abbess, Saint*. The talk will delve into the life of Etheldreda, a figure of undeniable significance in an era teeming with remarkable women. For more information, visit <https://www.histonandimpingtonvillagesociety.com/2024-talks>

## Digging up the past



Histon and Impington Archaeology Group (HIAG) regular talks resume in September, covering topics ranging from the Romans to the remains of plague victims! On Monday 16 September, Paddy Lambert, Project Officer with Oxford Archaeology, will give a talk on Roman Stranger Things at RAF Alconbury. Then on Monday 21 October, Ben Holloway, Project Officer with Colchester Archaeological Trust, will discuss 3rd-4th century Roman military watchtowers. The following month, on Monday 18 November, Craig Cessford, Senior Project Officer with Cambridge Archaeological Unit, will present on the After the Plague project and the ‘deanonymization’ of individuals from the analysis of their remains. All talks take place 7.30pm at Histon Methodist Church and on Zoom. [www.hiarchaeology.wordpress.com](http://www.hiarchaeology.wordpress.com)



## Group Fitness Sessions

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Tuesday 1915 Bootcamp  
Thursday 0915 Bootcamp  
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## Tea in the marquee

Holiday at Home provides activities and outings for over-60s in Histon & Impington – especially anyone who would find it difficult to get out on their own. On Thursday 12 September they are organising for older residents to enjoy tea and cake served in a marquee on the front lawn in the beautiful surroundings of Histon Manor. At £5 per person (and an additional £2 to use the community minibus), what better way to spend an early autumn afternoon. Then on Wednesday 16 October there will be music and dancing with friends from 2–4pm at Histon Methodist Church. With scones and tea on offer too, why not dust off your dancing shoes and come along for this memorable afternoon – just £6, and £2 more to use the minibus.

To book either of these events, telephone 07394 173430; email [helen@hifriends.org.uk](mailto:helen@hifriends.org.uk); <https://www.hifriends.org.uk/activities/holiday-at-home>



## Creating woollen wonders

The village's enthusiastic HI Fibrecrafters who knit, crochet, embroider, sew, quilt, spin and make lace, have had a busy year! Highlights include making Fair Isle mittens and learning how to knit in the round. They have also continued to adorn the village celebrations with wonderfully whimsical post box creations. They say: "Above all, it's about enjoying crafts, a cuppa and a natter". New members, from beginner to expert, are welcome. Meetings are alternate Wednesdays at Homefield Close Community Centre. See Facebook page or email [hifibrecrafters@gmail.com](mailto:hifibrecrafters@gmail.com)



Sarah Richardson

## Celebrating harvest



Join Histon Baptist Church for a host of events this autumn, including a Harvest Family Service at 10.30am on Sunday 29 September, where they will be celebrating the harvest

and encouraging visitors to donate to the local Foodbank and Jimmy's Night Shelter charities. Then on Sunday 10 November, the community is warmly invited to warm up after the Remembrance Sunday service at the War Memorial with a hot drink and cake at the Baptist Church's Remembrance Sunday Café. The popular, annual Christmas Pudding event will take place on Sunday 24 November and is a festive night out, making puddings together and drinking mulled wine. It's also an opportunity to browse Christmas stalls and hear about the true meaning of Christmas. Tickets for this event will be available at [www.histonbaptist.org.uk](http://www.histonbaptist.org.uk)

## Girl Guiding needs you!



Did you know that more than 170,000 young people are on the waiting lists to join Scouts and Girl Guiding nationally? But according to Girl Guiding, unless about 40,000 more adults commit to volunteering, these children will not be able to take part. If you would like to do your bit locally, Histon & Impington Rainbows, Brownies and Guides would love to hear from you. They say: "When you get involved in Girl Guiding, you will become part of a fantastic group of empowering women who support and care for each other as we give the best opportunities to all our girls". For more details about how you can help contact [histondc@gmail.com](mailto:histondc@gmail.com)

## Could you be a volunteer driver?

Love driving and looking for a way to give back to your local community? The Histon, Impington and Gorton Car scheme – the volunteer-run service providing door-to-door transport for people who are unable to use public transport and don't have use of a car – is looking to recruit more volunteers. The scheme provides crucial support to those who find it difficult to get around, for example to attend medical appointments. Scheme coordinators are sought who have the flexibility to take weekday client calls, as well as 2 or 3 volunteer coordinators to take bookings from clients and liaise with drivers. Volunteers who have their own four-door car are also needed to drive for as little as an hour per week. All volunteers will be reimbursed for any expenses. If you are interested, or just want to know more, email [HIG.car.scheme@gmail.com](mailto:HIG.car.scheme@gmail.com) or call Bruce Clark on 01223 297881



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Therapy Centre

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# Community in action

## Season of mists and mellow... melodies



Impington Music Society is looking ahead to a packed 2024-2025 season, with a programme of nine concerts lined up. The autumn kicks off with a concert on Friday 27 September showcasing the musical talents of current IVC students, featuring soloists and ensemble players studying at IVC. Then on Friday 18 October, Hugh Boyde will guide concert-goers through an evening of early jazz and ragtime music with guitar, mandolin and vocals. And on Friday 15 November, Oliver Morrell (tenor) and Will Sims (piano) will embark on a musical journey across

England with songs by Ralph Vaughan Williams, Gerald Finzi, and Benjamin Britten - a tuneful trip you won't want to miss. Performances are open to everyone and will be in the Brackenbury Room at IVC, starting at 7.30pm. Entrance is £10 at the door (£5 aged 18 or under). Or get a season ticket for the full year's concerts by becoming a member for just £45 for the year. *To help the society decide the kind of music it should include in the future, email [impingtonmusicsoc@gmail.com](mailto:impingtonmusicsoc@gmail.com). For full details, see <https://sites.google.com/site/impingtonmusicsociety>*

### Fun and fitness at the cricket club

Histon Cricket Club is a friendly and family-oriented club offering fun for children but also competitive cricket for adults. The club has been named the first and only Disability Champion Hub in Cambridgeshire, recognised for developing the physical and mental wellbeing of players aged between 12-25 with the Super 1s. Its flourishing junior section ranges from the ECB All Stars aged 5 upwards, to Under 15s. The girls-only Histon Hawks would love to hear from new players between 8-11 years who'd like to play soft ball cricket. During the winter months, adult cricket nets will be starting on Wednesday 29 January 2025 at Hills Road Sports Centre between 8-9pm, and there'll be training for Under 11s on Sunday mornings. *If you'd like to become a member or join the team of enthusiastic volunteers and coaches, contact Histon Cricket Club at [histoncc@gmail.com](mailto:histoncc@gmail.com) or visit [www.histoncc.play-cricket.com](http://www.histoncc.play-cricket.com)*



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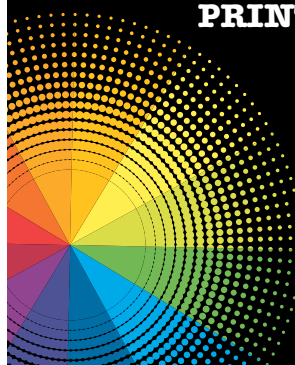


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# District and County



## New primary school for Darwin Green

September 2025 will see the opening of a new primary school to serve the growing community living on the Darwin Green development to the south of Impington. Cambridgeshire County Council has appointed Discovery Schools Academy Trust as the approved sponsor for the new school, which will provide a two-form entry and eventually have 420 places available for pupils aged 4–11 years. There will also be provision on site for Early Years and Childcare for children aged 2–4 years. The catchment boundary covers the whole of Darwin Green – all current and future phases of development – but not homes in Histon or Impington.

## Time to get moving!

VA Nindic on VisualHunt



Local residents looking for a bit of help to improve their activity levels and manage their weight will be able to take advantage of a free 12-week exercise

programme. South Cambs Council will be running 'Exercise4Fun', an active lifestyle programme at Histon & Impington Sports Centre, starting Friday 13 September from 10.30am to 11.30am. Each programme will involve group activities that could include wellbeing walks, yoga, swimming, badminton, or even a 'motivate and inspire session', and the activities will be chosen by the group in consultation with a qualified instructor at the first group session. The programme is especially tailored for inactive adults aged 18 and over with a Body Mass Index of 25 or above – or 23.5 in ethnic minority groups. To be eligible to take part, currently you'll be doing less than 30 minutes of activity per week, and not already belong to a leisure centre. For full details, see <https://www.scambs.gov.uk/community-safety-and-health/health-and-wellbeing/exercise4fun>

## Histon Library opening hours

	Staffed	Open+ access
<b>Monday</b>	11am – 7pm	8am – 11am
<b>Tuesday</b>	2pm – 5pm	8am – 2pm
<b>Wednesday</b>	Closed	Closed
<b>Thursday</b>	9am – 5pm	8am – 9am
<b>Friday</b>	9am – 1pm	8am – 9am and 1.15pm – 7pm
<b>Saturday</b>	9am – 1pm	1.15pm – 4pm
<b>Sunday</b>	Closed	10am – 4pm
<b>Bank holidays</b>	Closed	

## Milton recycling centre opening hours

**September:**  
Monday to Friday – 9am to 8pm  
Saturday and Sunday – 9am to 6pm  
(Site may close at dusk if earlier)

**October/November:**  
Monday to Sunday – 9am to 4pm  
(Site may close at dusk if earlier)

Entrance gates shut 10 minutes before closing time.

## Five-year plan for affordable, green housing

South Cambridgeshire can be an expensive place to buy or rent a home. For those on low incomes, the housing options are scarce and there is often a reliance on social housing for rent.

The Greater Cambridge Housing Strategy 2024 to 2029 sets out South Cambridgeshire District Council's aims and priorities for new and existing homes over the next five years – including building the right homes in the right places and improving existing housing. Its vision includes low-carbon, energy and water-efficient homes.

The plan follows a public consultation and was approved in June 2024. The District Council's priorities around the plan include enabling the housing market to meet a wide range of local housing needs and supporting sustainable growth; mitigating and adapting to climate change in new and existing homes; tackling the 'affordability' challenge; promoting health and wellbeing; tackling poverty and promoting equality; improving housing conditions and safety of homes, making best use of existing homes; and preventing homelessness.

For more details visit [www.scambs.gov.uk/housing/our-strategies-and-policies](http://www.scambs.gov.uk/housing/our-strategies-and-policies)

## Bin collection dates

Friday	Black Bin	Blue Bin	Green Bin
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13 September 2024	✓		
20 September 2024		✓	✓
27 September 2024	✓		
4 October 2024		✓	✓
11 October 2024	✓		
18 October 2024		✓	✓
25 October 2024	✓		
1 November 2024		✓	✓
8 November 2024	✓		
15 November 2024		✓	✓
22 November 2024	✓		
29 November 2024		✓	✓



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# Meet the Neighbours

Girton Musical Theatre

## Singing, staging, scenery... and cake



**In the first of our 'Meet the Neighbours' series, Amanda Borrill talks to Musical Director and H&I resident Trish Davies to find out what goes on behind the curtain at Girton Musical Theatre.**

As with so many successful village clubs, Girton Musical Theatre (GMT) was born from passion and enthusiasm. Arriving in Histon with her family in 1988, Trish met Alan and Petrina Lodge who had just moved to Girton. "We had similar interests and children of the same age", Trish recalled. "In 1989 they founded the group, one as Producer and the other as Musical Director. My husband Richard and I played in the orchestra, but Alan and Petrina subsequently moved to Wales and I took over as Musical Director in 2017."

The group began as Girton Gilbert and Sullivan Society, only later becoming Girton Operatic and then Girton Musical Theatre. Shows began in 1990 with *The Gondoliers* by Gilbert & Sullivan, performed in Girton Glebe School hall. The group has gone on to produce a fully staged musical production every single year since – even managing what would turn out to be a perfectly timed pre-lockdown performance of *The Pirates of Penzance* in February 2020.

### Community at its heart

Trish reveals that, like herself, many GMT singers and orchestra live across the border here in Histon & Impington and she is keen to share all that the group has to offer. Community is at the heart of all they do: they have raised money for numerous local causes, offered opportunities for young adults to get

involved with sound effects, scenery painting and stage crew, and assisted the Girton Glebe School and other local groups with the loan of staging, scenery and costumes.

Today, the group has around 25 singers plus a bunch of honorary and social members. Members naturally need to possess a passion for musical theatre but, as Trish explains, lots of people do more than one thing. "An ability to read music is helpful but not essential" she continues. "We have stage production, lighting, costumes, set painting, piano accompaniment, playing in the orchestra, front of house, publicity, etc, etc. There's a job for everyone really!"

And GMT can boast an impressive list of 'top drawer' shows across the years. Past performances include popular favourites *Patience*, *The Yeomen of the Guard* and *HMS Pinafore*. "We have put on stage performances of all the Gilbert and Sullivan (G&S) operettas – some of them two or three times", Trish recalls. Not wanting to be drawn on an all-time favourite, diplomatically she replies "my favourite show is always the one I'm working on at the time!"

### A warm welcome awaits

Curious, I ask Trish what would she most love to see on the set list? "Personally, I'd like to conduct G&S *Iolanthe* and also *Ruddigore*, but I'm always happy to try most things." And the biggest production to date? "Probably Franz Lehar's *The Merry Widow* in terms of people on stage, number of scene changes etc", she tells me. "We did have 35 singers on stage for *Iolanthe* some years ago, although it's usually around 20 nowadays."

Liking what you are hearing? Why not give

them a try. "We're a happy and friendly group", Trish enthuses. "Whilst working hard to put on the most professional performances we can, we also laugh a lot, eat quite a lot of cake and are well-known in Girton local, The George! We are always delighted to welcome new members."

### Coming up...

GMT's next big show is *The Grand Duke* by Gilbert and Sullivan. The duo's 14th and final opera together, the show premiered in 1896, running for 123 performances, and reads like an absolute riot with duels, rebellions, and a hypochondriac, miserly Grand Duke engaged to four different women before the plot is resolved! While GMT can't promise 123 performances, they can promise a great night out just a short drive or cycle ride away so get it in your diary – 27 February to 1 March 2025.

*Girton Musical Theatre rehearse on Thursday evenings in Orchard Close Community Room, Girton, from 8pm until 10pm. Rehearsals begin on 5 September with a sing-through of The Grand Duke. Find out more at:*

[www.girtonmusicaltheatre.org.uk](http://www.girtonmusicaltheatre.org.uk)

Email [info@girtonmusicaltheatre.org.uk](mailto:info@girtonmusicaltheatre.org.uk)



# Living Local | Buxhall Farm

## Top of the Crops

From pigs to pumpkins, cattle to Christmas trees, local farmer Pete Freeman of Buxhall Farm has a 24-hour-365-day job. While farm life may not always be simple, he says, it's always satisfying and he wouldn't want it any other way.

Farming is very much in my blood. My parents were tenant farmers in Longstanton when I was born, and we moved to Mansel Farm in Oakington when I was seven, and kept pigs. Growing up, I was always interested in helping my dad and the local farmers, but was encouraged to get another profession. So I went into engineering and studied as an apprentice at a local company. I spent my weekends as a teenager travelling around the country with a local hay and straw merchant.

Then in 2002, my wife Sarah and our month-old daughter Hannah moved to Buxhall Farm, Histon. I continued with my engineering job for some years, as the farm was manageable while still working full time, but in 2008 my father sadly died and the opportunity arose for me to leave my job and pursue full-time farming of

both Buxhall and Mansel Farms.

### Never a dull moment

Life on the farm is never boring. There's always something to do and little spare time or time for holidays. I do most of the work myself, employing a local contractor to help with baling hay, straw and wrapping silage. I try to carry out repairs to machinery and general servicing if I can – a lot of farmers are 'jacks of all trades' and generally make good use of anything left lying around long enough!

The farms are mainly arable, which includes winter wheat, winter and spring barley and usually either winter or spring beans, but we also have grassland for grazing cattle and sheep, and for winter hay and silage. There is nothing better than seeing a

new life being born, and the animals are what make our farm – including our lovely dogs of course!

Our land includes public and permissive footpaths, pockets of woodland and numerous environmental schemes including hedgerow management. These are to encourage insects, bugs, other pollinators and winter feed for birds. This does create a challenge as quite often the grass strips beside the footpaths are unfortunately being trampled, often due to muddy footpaths. People veer off the main permissive route, which can be a problem for us.

### Seasonal cheer

Farmers often now have to think of diversification ideas and projects. Selling Christmas trees was our first idea 19 years ago. While still living at Buxhall, we had the one barn that is usually empty of grain from October until July so we thought we would start with selling a few Nordman fir trees.

We started off with a few in the first year, gradually extending the numbers of trees and our opening times for more days around the weekend. We now open seven days a week and sell trees and local produce (when we can) every year.

In 2018 we decided to try introducing pumpkins to the produce we farm and, with the help of four greenhouses and many seed trays, we planted 1000s of seeds before borrowing an old tractor with a vegetable planter at the rear. With the help of friends, we enjoyed our first season of pumpkins, which involved weeding sessions with beer and cake, as well as watching the plants grow into pumpkins ready for the October half term, for people to come and pick their own.

We have improved our planting methods





over the years to become less resource intensive, but the weeds and natural way the pumpkins remain attached to their vines until they are chosen is part of the charm and appeal to so many people who visit our patch year after year.

Returning families from near and far come for homemade cake, straw bale fun and other simple outdoor activities. Often it is too wet for parking on the field and we are grateful for side street parking. We appreciate that this may be challenging for local residents in the short term, but hopefully they know that we are supporting the local community and providing Halloween fun, a much-loved October tradition.

### Challenging times

Farming is very much controlled by the weather. Climate change means the autumns and winters seem to be getting wetter and there have also been huge changes in machinery and technology in the time we have been farming. These days you need to put more into the land, to get more out of it. There are also often many hours of trying to understand complex paperwork.

But I always wanted to be a farmer, and although times are difficult at the moment and it's often hard work – and lone working most of the time – I would not wish to do anything else. It's a way of life that is privileged. How many people can say that they just step outside their back door and they're at work? And I don't mean working from home... that's different!

*Find Farmer Freeman on Facebook, or Buxhall Farm (for seasonal activity updates)*  
[www.farmerfreeman.uk](http://www.farmerfreeman.uk)

### A year in the life

Early mornings start with lots of coffee and checking the weather. I usually do some paperwork as it's the best time of day for that (there is quite a bit to do and it's my least favourite job). I try to make a plan and decide what to do first. The time of year will determine what the priority is and no two months are the same.

**January** – is normally the quietest month, when we think about lambing and preparing the farmyard and increasing the ewes' feed, depending on whether they are pregnant with single, twin or triplet lambs.

**February–March** – is for round the clock lambing, which is split between me, Sarah and our daughters when they are around to help. We are often calving as well but this is generally easier, as the cattle normally get on with it themselves! While lambing is going on, I try to catch up on sleep and think about the spring land work for the year's harvest, which includes cultivating, sowing, fertilising and spraying.

**March–May** – we continue with fertilising and spraying the growing crops. As the grass starts to grow and the weather starts to warm up (hopefully) we are able to turn the ewes and lambs out, after first checking the grass fields' fences are adequate and carrying out essential repairs. We continue to check the sheep to ensure the lambs are growing well and check for any issues with worms and flystrike – which is one of the reasons why the ewes' fleeces are shorn and the lambs are treated with a fly preventer. In May, cattle are turned out onto stewardship grazing.

**May–July** – we plant the pumpkins at the end of May, check the animals and wean lambs when they are able to survive without their mothers' milk. This helps the ewes to remain in good condition for the following season. Usually we apply the last fungicides to the crops, which will carry them through to harvest. Silage, haylage and hay work is carried out. Grass is cut, turned, rowed and wrapped as required. We remove muck from the lambing and cattle yards, ready to apply to the land after harvest as it's a great natural fertiliser.

**July–August** – is usually the main harvest period and a very busy time. Are the barns empty and clean ready for storing the grain? Is the weather dry enough? Are the moisture levels in the crops right for cutting? Meanwhile we are still looking after the animals...

**September–October** – we finish off any harvest work; get land prepared for winter-sown crops; get ready for pumpkins; move sold harvested crops (grain) onto lorries; finish off winter sowing crops; fetch cattle home for winter housing; and turn the rams out for next year's lambing.

**November–December** – we get ready for Christmas trees and start selling them. We also wean the calves from their mums, which can be noisy for a few days while they settle and get used to not relying on each other. We might even sit down for a couple of days during the Christmas break before the end of December when we have the ewes scanned to see expected numbers of lambs.



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# Green Zone | Histon & Impington

## All things wild and beautiful

Jon Pavey

*Carpet of leaves start to form in Homefield Park*

**Autumn is the perfect time to enjoy nature in all its golden glory. HIGS trustee Jon Pavey offers us a three-step plan on how to engage with the wildlife around us, and make the most of the change in the season.**

September is a time of great change. For many it marks the start of the autumn term and the run-up to Christmas, as we look ahead to the bright lights and dark evenings. Once very definitely the start of the season of mists and mellow fruitfulness, perhaps this year we are more hopeful than ever that we might get an Indian Summer – some warm, dry weather following a very mixed summer.

Jon Pavey



*Leaves down in Girton Wood*

The ups and downs of the weather impact our wildlife in a similar way, directly and indirectly affecting food chains, breeding success and preparedness for the winter. Fine conditions offer the chance of finding favourable habitats.

### Making connections

The autumn also presents a great opportunity for Connecting with Nature, the project being run by Histon & Impington Green Spaces (HIGS) to collect and improve residents' experiences of nature. Many of us recognise that just getting out into nature can give us a lift, and a growing catalogue of studies demonstrating the physical and mental health benefits confirms what many have known all along. With a little forethought we can help our wildlife benefit too, and this is where the Connecting with Nature project has a part to play.

Earlier in the year, ideas were gathered on how the community might act to benefit our wildlife. Some ideas are easier to take forward than others, but at this time of the year it's worth thinking about three underlying themes:

### 1) Enjoy the outdoors

Just being in green spaces is good for us! But even better is just to pause a little, and look and listen. You may glimpse the dew highlighting a myriad of spiders' webs on a hedge. Late afternoons can be particularly good to see hawk dragonflies patrolling their 'patch'. Often they fly impossibly fast to see any detail but you may be lucky enough



*Small copper butterfly on ragwort flowers in October*



*Common darter dragonfly in September*



*Gossamer threads heavy with autumnal dew*

to pick one out resting on a bush – hanging vertically like a striped tie on a coat-hanger!

Our inland location means we rarely notice active bird migration. But sometimes in early autumn you can see swallows and house martins form large flocks before departing southwards. Those with a good ear might hear the "tseep" contact calls on an October evening as the first redwings fly in from Scandinavia. Small parties will continue passing over the village through to the following morning. Other movements are less obvious. Red admiral butterflies will be moving south in autumn, with some eventually migrating to France.



*Fungi in Croft Close Set-aside*

Autumn is also famously the time for a proliferation of mushrooms. Some are small and dainty, others quite the opposite. These signal the presence of a web of near-invisible tubular strands forming a body which in some cases may live to a hundred years or more.

Perhaps the most obvious sign of autumn is the colours of our trees. Oaks turn a burnished gold, apples yellow through to brown, and



*Autumn on Long Meadow*



# Green Spaces



Acorns and oak leaves on Croft Close Set-aside



Autumn colours on Croft Close Set-aside



Wildlife corridors important to escape rising floodwaters

some garden plants take on even more exotic hues. It's easy to overlook the rich colour pallet, so make sure to savour it before a passing storm shreds the leaves from the trees.

## 2) Make space for wildlife

A second theme is planning to accommodate wildlife in our outdoor spaces, whether it's a wild green space, garden or even a balcony. This often involves embracing a wilder look as autumn heads towards winter.

For some years we have been encouraged to grow plants which attract and sustain pollinators, such as bees and hoverflies. In doing this we support a creature's adult stage of life. But nurturing from egg through to maturity is no less vital, especially as the immature stages of many species last far longer than the lifespan of the adult!

Some species choose to overwinter deep in grass, possibly burrowing into the earth. Others select a likely looking hollow stem or secrete themselves in a nook on a bush or tree. Artificial refuges such as insect hotels offer a neat alternative, but leaving a garden to largely settle itself, untidied, in the winter is more likely to have a greater impact on a wider range of wildlife.

Leaving piles of twigs and leaves can provide shelter for hedgehogs, although (draught-free) hedgehog houses can also be used, and bird boxes can provide great overnight accommodation on cold nights – it's even been known for 63 wrens to squeeze into a single nestbox!

Early autumn is also the time to start sowing wildflowers. Some seeds need a frost to promote germination, and normally they should be sown into bare soil, which might include well-scarified grass. As with trees and shrubs, the best option is to purchase native species which originate in Britain as, despite the best efforts of many horticulturalists, imported products can harbour invasive species.

## 3) Maintain and develop wildlife corridors

A good example of a wildlife corridor is the campaign to create hedgehog highways in the village. Simply ensuring that fences have a 13cm hole at the base can allow hogs to pass through, and cover the distances they need to travel each night to find food, water and a mate. A good thick hedge provides shelter and a linear route for all manner of creatures, which can be even more valuable if it connects-up mature trees. While a single hedge in a small garden might provide shelter for some wildlife, if it connects with hedges and bushes in adjacent properties, it's even more valuable.

A wildlife corridor can take many forms, of course. An aerial view of Histon & Impington reveals how our back gardens provide a network of wildlife corridors. In some cases, creature-friendly garden practices, such as ensuring permeable connections with the wider countryside, can provide significant value. In other locations, the corridor is better

viewed as a series of stepping stones, which provide refuges for creatures passing through less hospitable areas.

## Season to savour

Whether it's marvelling at the joys of the village's wild green spaces, or more actively seeking to embrace and enhance wildlife in our own back yard, autumn is a great time to get out there and connect with nature. Let's just hope the weather allows us to savour its delights to the full.

*Histon and Impington Green Spaces (HIGS) is a charity set up to preserve the Abbey Fields land – Long Meadow and Croft Close Set Aside – for the community and ensure their management for biodiversity and conservation. Visit [www.higreenspaces.org](http://www.higreenspaces.org) for more information.*



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# Focus on | local business

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## Buy a property... and peace of mind

Buying a house for the first time can be a daunting task, but Hayward Moon's newest team lawyer, Sharon Harding is on hand to help get you a home without the hassle. Here she answers some of the most commonly asked house-buying questions.



Aldair Velázquez Ramírez on Pixabay



### Why does it take so long to buy a property?

Before a property can be sold, there are a lot of legal checks which have to be done to make sure the seller is the actual legal owner of the property, and you are buying the actual property you want to buy. There are also checks to make sure that nothing is hidden that may affect the value of the property after you have completed.

Thankfully these checks and protections make property fraud here in the UK extremely rare, certainly when compared with property transactions in countries like Spain. In these countries new homeowners have been known to find out years later that the land they live on was not actually allowed to be built on in the first place.

Our legal system may be old-fashioned (over 1,000 years old) and can be slow at times, but our extensive process is worth it in the end.

### What is the difference between exchange and completion?

Exchange is the point at which you have your mortgage in place, have received a satisfactory survey, valuation, and council searches carried out, and you formally agree to buy the property. At that point, you must pay your deposit which is usually 10 per cent of the purchase price of the property.

**Exchange** involves the exchange of contracts that make the sale of a house legally binding between the seller and buyer. This means that before contracts are exchanged, it is still possible for either the buyer or the seller to withdraw from the transaction. It also means that if you change your mind after contracts have been formally exchanged, you will forfeit your deposit.

It is sometimes possible for **Completion** to take place on the same day, but it is not recommended. It's more likely to be a week or two after exchange. Completion is when you pay the balance of the house price and can finally start thinking about colour schemes and housewarming parties!

Completion is also the date that the legal ownership of the property is transferred over to the buyer. After final checks and searches, the buyer's lawyer will pay the balance of the purchase money to the seller's lawyer. Only after the funds are received can the transaction be completed and the estate agent is then free to release the keys to the buyer.

### I have agreed the sale with the seller– how long will it take to complete?

The average transaction can take somewhere from 8 to 12 weeks to complete, from the time you instruct a lawyer.

### How do I choose my lawyer

Some people feel all lawyers are the same and do the same job. This is far from the truth. Local lawyers make it easy to sign documents the same day (which can sometimes help the process). Most online factory lawyers are extremely slow, which can mean you may lose a sale or miss out on a purchase.

At Hayward Moon we like to offer our clients the personal touch so they know who they are dealing with from the point of instruction.



Sharon Harding has recently joined Hayward Moon as a Senior Conveyancing Executive based in its Histon office. Sharon says: "I set high standards for myself and pride myself on acting with discretion and always remaining calm under pressure."

She has experience in all aspects of residential property including, sales and purchases, remortgages and transfer of equity. Whether she is acting for a regular client or first-time buyer, Sharon works closely with local estate agents to ensure the transaction proceeds as smoothly as possible.

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# Where to... | buy fruit and veg

## Pick of the bunch



**Sick of supermarkets? Craving fresher fruit? Lucy Callington tracks down the best local loose produce – for those seeking all of the freshness and less of the plastic.**

There are few things in life more satisfying than hand-picking your own fruit and vegetables. If you take the time to swerve the supermarkets and say no to layers of plastic, you'll find an array of vibrant apples, aromatic oranges, satisfyingly earthy clumps of carrots and recently-harvested potatoes are yours for the picking.

There are a host of small shops within a walk, cycle or short drive from Histon & Impington that sell gloriously unwrapped fruit and veg – some will even deliver straight to your door. A small change in your shopping habits could introduce you to a fresher, longer lasting and wider range of produce and varieties, which may in turn spark off new recipe ideas to rejuvenate your plate. Just don't forget to take your own carrier bags with you! Here's HILights' pick of the crop...

### On your doorstep

**Histon Chop Shop** (*Narrow Lane, Histon*) sells unwrapped fresh fruit and veg by weight, as well as sauces and relishes – basically everything you need to go alongside your Sunday roast. In summer you can pick up



nectarines, peaches and strawberries, but you can pick up bags of potatoes all year round.

**Station Stores** (*Cambridge Road, Impington*) is handily placed in Impington to pick up loose veg alongside your everyday essentials. Their produce is always fresh and seasonal favourites such as raspberries and strawberries are always popular alongside staples like apples and oranges.



The **Country Market** takes place every Friday from 9am-12pm at **Histon Baptist Church** and often has a good selection of locally-grown produce, straight from the growers, as well as vegetable plants for sale to help you grow your own.

Or take a walk past **9 Park Lane** on Friday or Saturday mornings and you can buy produce from the front garden – as fresh as it gets!

### On your bike

Traditional family greengrocer **Les Ward** has shops in Cottenham (*High Street*) and Arbury (*Arbury Court*), and at one time had a shop on



Histon High Street. You can visit their colourful shops for a wide range of seasonal fruit and vegetables as well as jams, preserves, eggs and pet food – even Christmas trees – or you can place an order over the phone for free home delivery to Histon & Impington.

A short ride down the guided busway will take you to **Daily Bread Co-operative** (*Unit 3, Kilmaine Close, off King's Hedges Road, Cambridge*) an award-winning 100% vegetarian wholefood shop. It sells organic fruit and vegetables you can select yourself and take to the counter in a brown paper bag to be weighed, and while you're there, you can refill your household cleaning products and more.



### On your journey

The **Bushel Box Farm Shop** (*Station Road, Willingham*) is built inside an old tractor shed on a working fruit farm, where the family has been growing fruit and vegetables for almost a hundred years. The shop specialises in asparagus and countless varieties of plums, apples and pears.

Further afield, **Hacker's Farm Shop** (*Huntingdon Road, Lolworth*) is popular for its locally sourced loose fruit and vegetables. Worth taking a detour off the A14 for.

**Radmore Farm Shop** (*Victoria Ave, Cambridge*) is a city centre-based farm shop stocking local produce, as well as meat and fish, dairy and eggs. Radmore's ethos is all about a low or zero-waste shopping experience.

### Online

The **Cambridge Fruit Company**, based near the Science Park in Cambridge, offers boxes of fresh produce delivered to your home or workplace. You can help cut down on the usual amount of plastic packaging you may expect while buying in a supermarket and order online at [www.cambridgefruitcompany.com](http://www.cambridgefruitcompany.com)



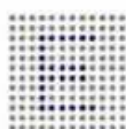
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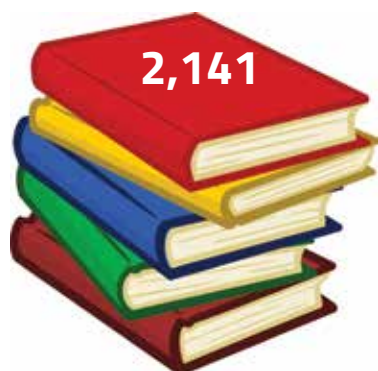


# H&I in numbers | Histon Library

Public spending cuts, public sector reform, the impact of new technology and digital services, and changes in the needs and expectations of service users all place huge pressures on Cambridgeshire's library services. But Histon & Impington residents are among those fortunate communities that have the chance to borrow books, use their services and enjoy their events on their own doorstep.

So who uses the library, and how do they use it?

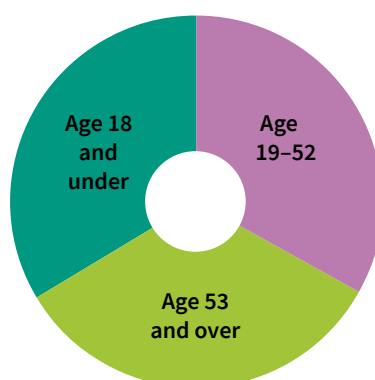
## 1 Active borrowers



(June 2023 – May 2024)

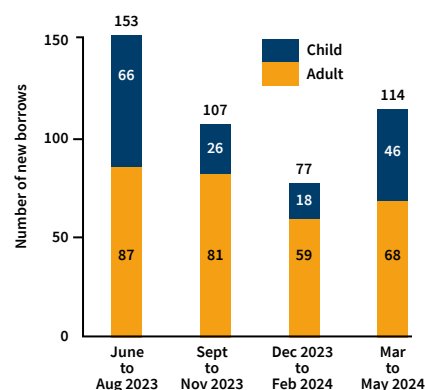
## 2 Age profile

Children and their parents are the most enthusiastic library users. 8-year-olds are more likely than residents of any other age to be active borrowers, and a quarter of all borrowers are under the age of 12.



## 3 New borrowers

There were 451 new borrowers over the past year, including 156 children. Peak registrations were in July, coinciding with summer holidays and the Library's popular Summer Reading Challenge.



## 4 Number of items issued

64,421



(June 2023 – May 2024)

## 5 Histon Library visits

34,575



(June 2023 – May 2024)

## 6 Open+ Library visits

Since Open+ out-of-hours library access started in May 2022 it has been used more than 6,500 times for entry to the library, with Fridays and Sundays the most popular days. 650 Histon & Impington library users have requested access, but also customers from other surrounding libraries.



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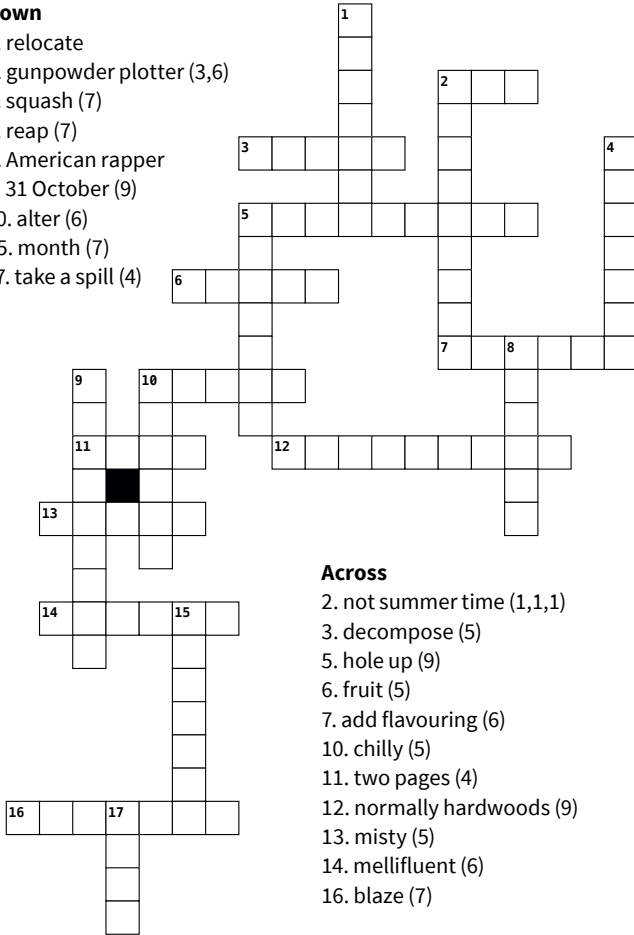
# Puzzle corner

## Crossword

Solve the crossword and find the link between the clues.

### Down

1. relocate
2. gunpowder plotter (3,6)
4. squash (7)
5. reap (7)
8. American rapper
9. 31 October (9)
10. alter (6)
15. month (7)
17. take a spill (4)



### Across

2. not summer time (1,1,1)
3. decompose (5)
5. hole up (9)
6. fruit (5)
7. add flavouring (6)
10. chilly (5)
11. two pages (4)
12. normally hardwoods (9)
13. misty (5)
14. mellifluent (6)
16. blaze (7)

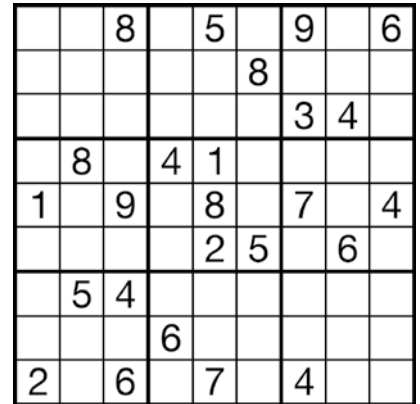
## Where is this?

You'll find all these places in Histon & Impington... but where?

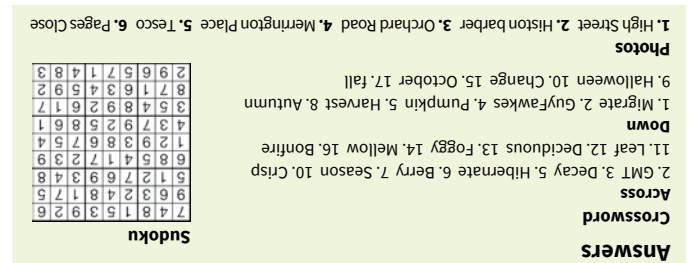


## Sudoku

This time we've chosen a puzzle described by the compiler as 'tricky'. See how you get on!



Sudoku puzzles are provided by [www.sudokuoftheday.com](http://www.sudokuoftheday.com). Visit them and get a new Sudoku every day.



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## Getting to know... Helena Perry



**When Helena Perry and her husband moved to Histon 11 years ago in search of a community and the ability to walk to everything they needed, they knew from their first day in the village that they had made the right decision.**

Helena is an artist and musician who, in her own words, creates paintings to act as spells, and as a focal point to create positive change in your life. As well as brightening villagers' lives with art, Helena runs workshops that explore the space between wellbeing, psychology and drawing, and weekly interactive music sessions for families called Shake, Rattle and Roll. The group plays at events, festivals, workshops and Friday morning sessions in Cambridgeshire Music Centre (the former Infant school).

Helena has two daughters and over the years has had various levels of involvement in village activities. She was briefly on the Parish Council and helped revive the HI Sustainability group. She says: "I'm a bit stretched these days, but am looking forward to a time when I have some spare energy to give back to the village."

### Guilty pleasure?

Dark chocolate and good coffee.

### First ever job/paid work?

Covent Garden Market. I worked on a stall selling belts every Sunday from the age of 13. I have been employed pretty much continually from then until I went self-employed 13 years ago.

### Which superpower would you like?

The power to slow down and speed up time.

### Cat or dog?

Dog definitely! We got a Romanian rescue dog 4 years ago and it has been the best thing. It's like having a personal trainer, getting you walking in all weathers. There's nothing like the joy of a wagging tail and her confidence and affection after a pretty horrific life. If you are thinking of getting a dog check out the Safe Rescue For Dogs charity. So many beautiful animals just waiting to be loved.

### Best holiday ever?

Camping by the beach. When the weather's good. Simplicity, screen-free and feeling part of nature.

### Historic heroes?

So many! I'm a bit of a history nerd, although what interests me are the domestic, day to day lived experiences of normal people. People's stories are often so extraordinary. My heroes are all the millions of (mainly) women who did the invisible labour of running the households, putting themselves last to facilitate their sons, husbands and fathers achieving. Although this is still the case for some today, for many there is a choice now, and slowly, this invisible labour that oils humanity is becoming more recognised.

### How your partner / friends would describe you?

Organised to my face, bossy behind my back.

### Favourite ever shoes?

I love Barefoot shoes. So comfortable. I have 2 pairs of Vivo barefoot shoes at the moment that are amazing. They're really expensive but now I've chucked out all my other shoes and wear them every day; they're worth it.

### Most unappealing habit?

Responding to the pull of my mobile.

### Favourite band?

It changes every day. At the moment I'm

really into Andrew Bird. I love the way he interweaves his singing and virtuoso violin playing.

### Film or theatre or TV?

I'd like to say film or theatre, but the reality is TV. And not much either. Usually too knackered in the evening to stay awake long.

### Most successful sporting moment?

I was not sporty at school. Yoga and pilates are more my thing, but somehow at school I was selected for ball girl training for Wimbledon tennis. I managed to get through six months of rigorous training with the infamous Wally Wonfer, a terrifying former RAF officer who dressed only in black and carried a big stick. We all had numbers pinned on our backs and somehow I managed to stay in each week as we were whittled down from 600 to a team of 150. I wasn't on the top courts, but just being part of it was an amazing, bizarre experience.

### Actor to play you in a film of your life?

The idea makes me cringe a bit! I'd rather have an audio book and Helena Bonham Carter can read it. She has a beautiful voice and an excellent name.

### Best thing about Histon & Impington?

The community. Whatever you're into you can find it happening close by. The pubs, the amenities, the independent shops, the network and willingness of others to help. Knowing my neighbours, chats with friendly strangers on dog walks. Being able to bike into town or to the station. I have been able to get all manner of advice and support – from plumber recommendations to someone who will lend me a snake skin to draw. Our community is so educated, varied and interesting!

### Worst thing about Histon & Impington?

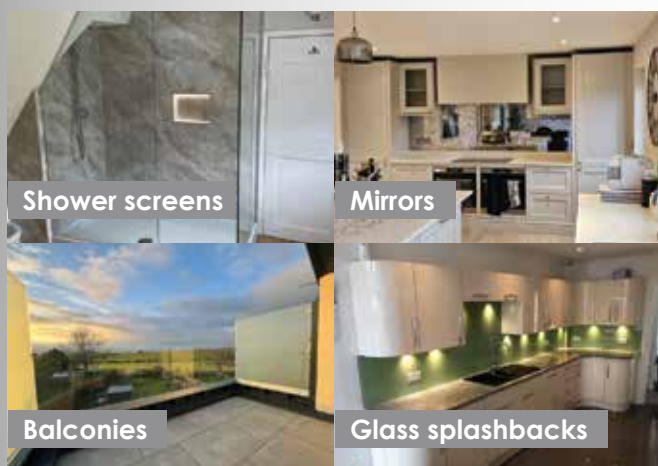
I just wish we could have either a mountain, the sea or a big river closer.

### Artistic talents?

I really hope so! I've spent enough years practising!



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